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ABSTRACT

The educational materials and services listed in this bibliography include "something for everybody"--from pre-schoolers to the elderly--for those in school, in adult training programs, and in the home, and for those who instruct them. Included are lists of publications covering such topics as: donated foods, food stamps, child nutrition, and food inspection and grading; posters; periodicals of special interest to food advisors and home economists; a limited number of films that are consumer-oriented; and exhibits available for consumer education classes, and meetings. Nutritionists, home economists, teachers and others who work toward the goal of educating the consumer to be more knowledgeable about food and its role in better living are invited to make use of these materials. Provided are indices by title and by numerical series. (Author/LS)

ED 060461

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Food Makes The Difference!

USDA CONSUMER EDUCATION MATERIALS

for Wise Food Shopping and
Nutritious Meal Planning

...Publications
...Posters
...Reproducible Materials
...Periodicals
...Films
...Slide Sets and Filmstrips
...Displays

U. S. DEPARTMENT OF AGRICULTURE, CONSUMER AND MARKETING SERVICE
Information Division, 26 Federal Plaza, New York, N.Y. 10007
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USDA CONSUMER EDUCATION MATERIALS

Food makes the difference! That's why all of us need to know more about food -- how to shop for it, how to care for it, how to prepare it, and how to use it effectively in a healthful diet.

Nutritionists, home economists, teachers and others who work toward the goal of educating the consumer to be more knowledgeable about food and its role in better living are invited to make use of educational materials and services available from the U.S. Department of Agriculture.

The selection listed here includes "something for everybody"-- from pre-schoolers to the elderly -- for those in school, in adult training programs, and in the home, and for those who instruct them. For information and assistance in adapting them to your program needs, contact the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, Room 1653, New York, N. Y. 10007.

Unless otherwise indicated, the materials listed may be requested from this office.

MATERIALS RELATED TO FOOD AND NUTRITION SERVICE PROGRAMS

Copies of publications relevant to food assistance programs for the needy are available singly and in bulk quantities for consumer and nutrition education programs. Requests for single copies may be directed to the above address. Requests for bulk quantities should be directed to the Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.

PUBLICATIONS

Donated Foods

FNS-2 Donated Foods Handbook for Volunteers

Title Food Donation Program (flyer)

FNS-3 Jimmy Has More Fun

PA-667 The U.S. Department of Agriculture's Food Donation Program

PA-557 USDA Donated Foods for Disasters -- A Guide for State and Local Officials

PA-533 When Natural Disaster Strikes

Title Your Family Food Donation Program

Food Stamps

FNS-1 Food Stamp Handbook for Volunteers

PA-930 Food Stamp Program...More Food/Better Diets for Low-Income Families

PA-952 Food Stamps Make the Difference (flyer)

PA-911 Food Stamps to End Hunger

PA-823 Retailers, Encourage Your Low-Income Customers to Take Part in the Food Stamp Program

FNS-5 You and Food Stamps...Usted y Estampillas Para Alimentos

PA-922 You're in Good Company

Food Makes the Difference -- Nutrition Education

PA-934 Ideas for Economy-Minded Families

PA-935 Ideas for Families Using Donated Foods

PA-937 Ideas for Leaders Working with Economy-Minded Families

Food for Thrifty Families Series: Food for Thrifty Families Teaching Materials for Low Income Families (for professionals) -- complete kit of 32 publications. Includes set of 25 illustrated flyers (FNS-13-37).

*PA-745 Breads and Cereals, Golden Nuggets -- A Guide for Program Aides in Home Economics, 10 for 15 cents

*PA-743 Food for Families -- Suggestions for Trainer Agents, 10 for $1.40

*PA-747 Four Food Groups in Meals, Treasure Chest -- A Guide for Program Aides in Home Economics, 10 for 15 cents

*PA-749 Fruits and Vegetables, Bright Jewels -- A Guide for Program Aides in Home Economics, 10 for 15 cents

*PA-748 Meat Group, Solid Treasures -- A Guide for Program Aides in Home Economics, 10 for 15 cents

*PA-746 Milk, White Magic -- A Guide for Program Aides in Home Economics, 10 for 15 cents

*PA-744 What Food Means to People -- A Guide for Program Aides in Home Economics, 10 for 15 cents

FNS-20 A Variety of Fruits and Vegetables -- some choices for the thrifty family

FNS-30 All-purpose Flour -- a good choice for the thrifty family

FNS-24 Beef and Pork -- a good choice for the thrifty family

FNS-22 Canned Chopped Meat or Luncheon Meat--a good choice for the thrifty family

FNS-14 Cheese--a good choice for the thrifty family

FNS-31 Donated Cracked Wheat Bulgur--a good choice for the thrifty family

FNS-17 Donated Nonfat Dry Milk--a good choice for the thrifty family

FNS-37 Donated Rolled Wheat--a good choice for the thrifty family

* For sale only. Send amount indicated to Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

FNS-23 Dry Bean--a good choice for the thrifty family

FNS-29 Dry Split Peas--a good choice for the thrifty family

FNS-25 Eggs--a good choice for the thrifty family

FNS-32 Enriched Corn Grits--a good choice for the thrifty family

FNS-33 Enriched Cornmeal--a good choice for the thrifty family

FNS-34 Enriched Macaroni--a good choice for the thrifty family

FNS-35 Enriched Rice--a good choice for the thrifty family

FNS-15 Evaporated Milk--a good choice for the thrifty family

FNS-26 Fish--a good choice for the thrifty family

FNS-19 Fruits and Vegetables for Vitamin C--a good choice for the thrifty family

FNS-16 Instant Nonfat Dry Milk--a good choice for the thrifty family

FNS-27 Peanut Butter--a good choice for the thrifty family

FNS-28 Poultry--a good choice for the thrifty family

FNS-21 Raisins--a good choice for the thrifty family

FNS-36 Rolled Oats (Quick Cooking)--a good choice for the thrifty family

FNS-13 The Daily Food Guide--some choices for the thrifty family

FNS-18 Vegetables and Fruits for Vitamin A--a good choice for the thrifty family

Child Nutrition

FNS-7 A Menu Planning Guide for Breakfast at School

PA-719 A Menu Planning Guide for Type A School Lunches

PA-948 Child Nutrition Programs

FNS-10 Child Nutrition Programs Handbook for Volunteers

PA-812	Closing the Nutrition Gap...Child Nutrition Act of 1966
PA-912-S	El Libro Colorante De Las Comidas Buenas
*PA-270	Food Buying Guide for Type A School Lunches, $1.25
FNS-8	Food for Children...in Pre-School Centers...in Summer Camps
PA-403	Food Storage Guide for Schools and Institutions
PA-912	Good Foods Coloring Book
PA-19	National School Lunch Program
Title	National School Lunch Program (flyer)
*PA-631	Quantity Recipes for Type A School Lunches, $4.50
Title	School Breakfast Program (flyer)
PA-750	School Lunches...a Billion Dollar Market for Food
Title	Special Milk Program (flyer)
Title	Special Food Service Program for Children (flyer)

FOOD AND NUTRITION SERVICE PROGRAM POSTERS

POSTER (FNS-13)	Daily Food Guide. Color, 22 x 28 inches.
POSTER (C&MS-16)	Get Your A for Health--Eat a Type A School Lunch Every Day. Color, 18 x 24 inches
POSTER (FNS-6)	I'm Worth More Than You Are (Food Stamps)
POSTER (FNS-4)	Include These Foods in the Lunch Each Day--Serve Each Child a Real "Type A." Color, 8 x 10-1/2 and 24 x 32 inches. (English, Spanish)

* For sale only from GPO.

MATERIALS RELATED TO CONSUMER AND MARKETING SERVICE PROGRAMS

How to Be a Wise Food Shopper

Copies of publications relating to Consumer and Marketing Service programs covering the inspection and grading of foods for wholesomeness and quality, and such subjects as how to buy, care for and prepare food are available singly and in bulk quantities. Requests for single copies may be directed to the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007.

Requests for bulk quantities for consumer and nutrition education programs for needy families and others should be directed to Information Division, Consumer and Marketing Service, U.S. Department of Agriculture, Washington, D.C. 20250.

Industry groups conducting consumer education programs for the public or their employees are invited to reproduce any of the listed publications and posters. Offset negatives or plates for most of these may be obtained at a nominal charge from the Planning Division, U.S. Government Printing Office, Washington, D.C. 20401. Bulk quantities of publications may also be purchased from the GPO. A discount of 25 percent is given on purchases of 100 or more copies of any one publication.

PUBLICATIONS

Food Inspection

C&MS-84 Foreign Meat and Poultry Inspection Program (fact sheet), 1970

Title Inspection for Consumer Protection. A comprehensive fact sheet about meat and poultry inspection for wholesomeness, a consumer protection service.

Title Inspection, Labeling, and Care of Meat and Poultry -- A Consumer Education Guide. A useful guide for home economics teachers, extension specialists, and training aides for instruction on government inspection of meat and poultry for wholesomeness, and consumer care in buying, keeping and preparing these foods. Ties in with five leaflets in Meat and Poultry...for You series.

C&MS-83 Inspection Milestones. Salient facts in the history of meat and poultry inspection for wholesomeness from early beginnings until today.

C&MS-85 Standards for Meat and Poultry Products. A consumer reference list showing required meat and poultry contents in specified products.

G-174 Meat and Poultry--Care Tips for You, 1970

G-173 Meat and Poultry--Clean for You, 1969

G-172 Meat and Poultry--Labeled for You, 1969

G-171 Meat and Poultry--Standards for You, 1969

G-170 Meat and Poultry--Wholesome for You, 1969

Food Inspection and Grading

C&MS-65 USDA Marks of Quality--Marks of Wholesomeness. A sheet of "reproducible" grade and inspection marks for use by retailers and others in advertising. Includes instructions on use of these marks.

Food Grading

Title Grading America's Foods. A Fact sheet outlining kind of food graded, percentages graded, and how grading services are performed, 1970

G-146 How to Buy Beef Roasts, 1968

G-145 How to Buy Beef Steaks, 1968

G-148 How to Buy Butter, 1968

G-167 How to Buy Canned and Frozen Vegetables, 1969

G-193 How to Buy Cheese, 1971

G-177 How to Buy Dry Beans, Peas and Lentils, 1970

G-144 How to Buy Eggs, 1968

G-141 How to Buy Fresh Fruits, 1967

G-143 How to Buy Fresh Vegetables, 1968

G-140 How to Buy Instant Nonfat Dry Milk, 1967

G-166 How to Buy Meat for Your Freezer, 1969

G-157 How to Buy Poultry, 1968

PA-708 How to Use USDA Grades in Buying Food, 1969

C&MS-79 USDA Grades--To Help You Choose. Catalogues the related - How to Buy...-materials, including booklets, one-page flyers, exhibits, posters, TV spots, motion pictures, slide sets, and teacher's guide.

CAMERA-READY COPY

Reproducible camera-ready copies of materials suitable for instruction on food shopping and preparation are available. They can be printed in required quantities by offset, xerox, or other reproducing methods.

How-to-Buy Flyers. 20 one-page flyers discuss how to use USDA grades in buying food, and also cover general buying and storing information on various cuts of meat, poultry, dairy products, fresh and processed fruits and vegetables, and eggs. (A combination English-Spanish version).

Smart Shopper Series. This monthly service provides food tips and simplified illustrated recipes using low-cost food. It is designed for low-reading-level instruction. To be placed on the mailing list, write to SMART SHOPPER, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N.Y. 10007.

CONSUMER AND MARKETING SERVICE POSTERS

The following poster sets are available at $1.75 per set from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402:

Meat and Poultry Inspection Posters. Ten colorful posters with copy identical to the Meat and Poultry Facts table-top exhibit. Each measures 15 x 20 inches. They tie in with five USDA leaflets explaining meat and poultry inspection, buying and care. (See Exhibits)

How to Buy Food Posters. Ten colorful posters similar to the USDA Grades Help You Choose table-top exhibit. Each measures 15 x 20 inches. They tie-in with 12 USDA leaflets and 20 flyers on "How to Buy" foods. (See Exhibits.)

The following posters may be obtained without charge from the Information Division, Consumer and Marketing Service, USDA, Washington, D.C. 20250.

POSTER	Beef Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1968
POSTER	Know the Eggs You Buy. Color, 30 x 45 inches, 1968
POSTER (PA-70)	Know the Eggs You Buy. Color, 11-3/4 x 17-1/2 inches, 1967
POSTER (PA-170)	Know the Poultry You Buy. Color, 11-3/4 x 17-1/2 and 30 x 45 inches, 1963
POSTER	Lamb Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1955
POSTER	Pork Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1969
POSTER	Veal Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1955

OTHER USDA CONSUMER EDUCATION MATERIALS

Except as indicated, the following publications on consumer education subjects related to food are available from the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

NUTRITION AND HEALTH

G-153	Calories and Weight, the USDA pocket guide, 1968
*AH-8	Composition of Foods, 1963, $1.50
G-90	Conserving the Nutritive Values in Foods, 1965
*L-268	Eat a Good Breakfast--to Start a Good Day, 1965, 5 cents
*PA-694	Eat to Live Better, 5 cents
L-408	Facts About Pasteurization of Milk, 1966
*PA-693	Feeding Young Children, 5 cents
G-74	Food and Your Weight, 1967
G-5	Food for Families with Young Children
L-424	Food for Fitness: A Daily Food Guide, 1967
G-17	Food Guide for Older Folks, 1963
G-85	Food for the Young Couple, 1967
*PA-700	Food for Young Families--Guide for Agent, 15 cents
G-162	Keeping Food Safe to Eat
*PA-691	Key Nutrients, 5 cents
*PA-695	Meal Planning Made Easy, 5 cents
GS-1	Nutrition--Food at Work for You, 1968
*G-72	Nutritive Value of Foods, 1971, 30 cents
*PA-692	Principles of Cookery, 5 cents
*PA-696	Selecting and Buying Food, 10 cents

* For sale only from GPO.

BUDGETING

Title	Consumer's Quick Credit Guide, 1964
G-94	Family Food Budgeting...for Good Meals and Good Nutrition, 1964
*HERR-37	Family Food Buying, 1969, 35 cents
*G-108	Guide to Budgeting for the Family, 1968, 10 cents
G-98	Guide to Budgeting for the Young Couple, 1967

FREEZING, CANNING AND PRESERVING FOOD

G-40	Freezing Combination Main Dishes, 1967
*G-93	Freezing Meat and Fish in the Home, 1966, 25 cents
*G-8	Home Canning of Fruits and Vegetables, 1967, 20 cents
G-106	Home Canning of Meat and Poultry, 1968
G-69	Home Care of Purchased Frozen Foods, 1967
G-10	Home Freezing of Fruits and Vegetables, 1967
G-70	Home Freezing of Poultry, 1967
*G-56	How to Make Jellies, Jams, and Preserves at Home, 1967, 20 cents
G-109	Protecting Home-Cured Meat from Insects, 1968
G-78	Storing Perishable Foods in the Home, 1966
G-119	Storing Vegetables and Fruits in Basements, Cellars, Outbuildings, and Pits, 1966
L-321	What to Do When Your Home Freezer Stops, 1967

FAMILY MEALS--RECIPES

G-147	Baking for People with Food Allergies, 1968
G-118	Beef and Veal in Family Meals: A Guide for Consumers, 1968
G-150	Cereals and Pasta in Family Meals; A Guide for Consumers, 1968

* For sale only from GPO

G-112	Cheese in Family Meals: A Guide for Consumers, 1966
G-103	Eggs in Family Meals: A Guide for Consumers, 1967
*G-1	Family Fare: Food Management and Recipes, 1968, 45 cents
G-125	Fruits in Family Meals: A Guide for Consumers, 1968
G-124	Lamb in Family Meals: A Guide for Consumers, 1967
G-127	Milk in Family Meals: A Guide for Consumers, 1967
G-43	Money-Saving Main Dishes, 1969
G-176	Nuts in Family Meals: A Guide for Consumers, 1968
G-36	Peanut and Peanut Butter Recipes, 1966
G-160	Pork in Family Meals: A Guide for Consumers, 1969
G-55	Potatoes in Popular Ways, 1967
G-110	Poultry in Family Meals: A Guide for Consumers, 1967
G-105	Vegetables in Family Meals: A Guide for Consumers, 1968

* For sale only from GPO.

PERIODICALS

Periodicals of special interest to food advisors and home economists with ongoing consumer programs are available on a weekly or monthly basis, as indicated.

CONSUMER FOOD NEWS. A weekly service to food editors, broadcasters and food advisors in the Northeast. It covers subjects of special interest to consumers relating to food and the food-related programs of the Consumer and Marketing Service and Food and Nutrition Service. Free limited distribution.

SPOT ANNOUNCEMENTS on foods in plentiful supply are issued monthly to radio and TV broadcasters and programmers in the Northeast. Other announcements concerning needy family programs, child nutrition programs and other subjects of public interest are issued from time to time. Free, limited distribution.

FOOD AND NUTRITION NEWS. A monthly service to food advisors and others with special interest in needy family and child nutrition programs. Free distribution is handled by the Food and Nutrition Service, USDA, Washington, D.C. 20250.

FOOD AND NUTRITION MAGAZINE. A new bi-monthly publication relating to the needy family and child nutrition programs of the Food and Nutrition Service. It is available to those assisting in some manner in carrying out FNS programs, i.e. information media, libraries, Federal and State employees cooperating with FNS programs, consumer groups, and staff members of agricultural colleges.

Free distribution is handled by the Information Division, Food and Nutrition Service, USDA, Washington, D.C. 20250.

PLENTIFUL FOODS MONTHLY LIST is an advance listing of foods that are expected to be in plentiful supply during the succeeding month. (A special "Food Service" edition is prepared for public and institutional feeders.) For addition to the mailing list, write to the Plentiful Foods Staff, C&MS, USDA, 26 Federal Plaza, New York, N. Y. 10007, stating your occupation and need for the information.

FILMS

A limited number of consumer-oriented films about food are available for loan for showing at group meetings, or other educational programs for children and adults. For arrangements for scheduling the films listed below contact the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007.

Other films (not listed here) may be borrowed from State film libraries. For a complete listing of USDA films and film libraries, write for Films of the U.S. Department of Agriculture, AH-14, to the Motion Picture Service, Office of Information, USDA, Washington, D.C. 20250.

IT HAPPENS EVERY NOON. Color, 1966, TV, 13-1/2 minutes...in all schools that take part in the National School Lunch Program-a good, "Type-A" lunch, providing from a third to one-half of the student's daily needs. This film is intended to awaken parents and communities to the awareness of the school lunch program and to take action to see that every child takes advantage of it by getting a daily, well-balanced, midday lunch. Award: American Association of Agricultural College Editors, 1967.

JANET AND THE GENIE. Color, 1967, TV, 28-1/2 minutes. Home economics students and housewives (and husbands) will enjoy taking a trip with Janet, a young high school student, as she journeys through meat packing, poultry processing, apple packing, egg grading, and dairy plants with the help of "The Genie." This magical character shows Janet how to become a smart shopper by using USDA's grading and inspection services.

MARK OF QUALITY, A. Color, 1967, TV, 13-1/2 minutes. This film takes an American housewife from feedlot to packing plant to supermarket--and right back to her own kitchen, showing how Federal meat grading gives her a guide to buying--to help her choose the quality of meat she wants. The "Mark of Quality" for beef is the USDA grade shield.

MIRACLES FROM AGRICULTURE. Color, 1960, TV, 13-1/2 minutes. The story of high-quality foods, when, where, and in the forms we want them--the result of efficient production and marketing of farm products. Reports on today's farming and ranching, marketing, processing, storing, transporting, and merchandising of food and other agricultural products. Emphasizes the role of research and agricultural services. Awards: Columbus Film Festival, 1961.

SOMETHING TO CROW ABOUT. Color, 1964, TV, 27-1/2 minutes. A European magazine writer tours a hatchery, feed mill, broiler farm, processing plant, and supermarket.

The film shows: How the USDA inspection program helps assure that poultry products are safe, clean, and wholesome, how poultry is graded for quality, and the difference between the inspection and grading programs. Awards: American Association of Agricultural College Editors, 1965; Berlin International Film Competition, 1966.

THAT THE BEST WILL BE OURS. Color, 1971, TV, 18 minutes. Examines the establishment and growth of meat and poultry inspection, including recent changes, with emphasis on what inspection means to consumers. Also shows the care that should be taken in buying and handling meat and poultry products.

SLIDE SETS AND FILM STRIPS

Slide sets may be purchased from Photography Division, Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250. For filmstrips write to Photo Lab., Inc. 3825 Georgia Avenue, N.W., Washington, D.C. 20011. These are single frame filmstrips.

FOOD BUYING

*C-123 How to Buy Beef. (1970. 33 frames. Mounted slide set $12. Filmstrips $5.50.) Helps consumers buy beef by USDA grade and by cut, specifying which cuts are more tender.

C-139 How to Buy Eggs. (1969. 40 frames. Mounted slide set $11. Filmstrip $5.50.) For consumer groups and teachers. How to buy eggs by USDA grade and weight classes and tips on using eggs.

*C-119 Revelations of a Register Tape or the Baffing Case of the Family Grocery Bill. (1969. 71 frames. Mounted slide set $13.50. Filmstrip $7.50. Audio tape $1.) Tells what influences your grocery bill, why it gets bigger or smaller each year. Nontechnical. Artwork.

*C-121 Selecting and Buying Food for the Young Family. (1966. 36 frames. Mounted slide set $11. Filmstrip $5.50.) A guide to homemakers on how to serve nourishing meals to family and helpful hints on more economical food shopping.

C-145 Shopper's Guides. (1967. 57 frames. Mounted slide set $12. Filmstrip $6.50.) Today's consumer makes many decisions in trying to get the most for her dollar. This presentation touches on five areas where she can stretch her dollar. At the Supermarket; Credit--Blessing or Burden; Today's Laundry Basket; Shopping Sins; What's Underfoot. The slide set does not go into detail, but serves as a basis for further expansion and discussion on each subject area.

C-107 USDA Egg Products Inspection. (1969. 37 frames. Mounted slide set $11. Filmstrip $5.50.) USDA's voluntary inspection service from the selection of shell eggs for breaking to testing of final product. For large quantity food buyers, home economists, teachers, or dietitians.

* Available on loan for special showings from the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007

NUTRITION

*C-158 The Basic Four Way to Good Meals. (1969. 50 frames. Mounted slide set $11. Filmstrip $5.50.) First in "Food Makes the Difference" series on ways of cooking with evaporated milk and how daily milk needs of family can be met. Features eight recipes "step-by-step."

A-56 Breakfast and the Bright Life. (1970. 60 frames. Mounted slide set $12. Audio tape for manual projection $1.) Seeks to motivate youth to improve their nutrition by emphasizing the importance of breakfast to physical and mental performance, attitudes and health.

*C-68 Food for Fitness. (1958. 24 frames. Mounted slide set $11. Filmstrip $5.50.) A new daily food guide developed by USDA nutritionists tells how to select nutritious meals based on four kinds of foods: (1) milk, (2) meat or alternate, (3) vegetables and fruits, (4) breads and cereals. Examples of suggested foods and typical meals.

*C-152 Food Value Stretchers. (1968. 50 frames. Mounted slide set $11. Filmstrip $5.50. Shows families how to use some of the USDA-donated foods in preparing good meals. Five recipes give a step-by-step how-to-do-it for cookies, scrambled eggs, a salad, a milk drink, a ground beef mix, and meatballs with spaghetti.

C-106 Good Meals for Busy Days. (1963. 57 frames. Mounted slide set $12. Filmstrip $6.50.) Shows how to prepare three simple meals with a minimum of time and labor. Basic points made are: planning meals ahead, use of convenience foods, family cooperation, the use of equipment, and use of tested recipes.

*C-156 How Food Affects You. (1969. 47 frames. Mounted slide set $11. Filmstrip $5.50.) Tells which foods do what for your body in simple terms. What makes your hair shiny, your cheeks rosy, Artwork.

*C-116 Improving Teenage Nutrition. (1963. 27 frames. Mounted slide set $11. Filmstrip $5.50.) Helps recognize the need for improving nutrition in teenagers and helps plan ways to do so. Emphasizes the importance of establishing proper eating habits.

* Available on loan for special showings from Information Division, New York

C-81 Main Dishes In Family Meals. (1961. 22 frames. Mounted slide set $11. Filmstrip $5.50.) Demonstrates use of USDA-distributed foods in low-cost family meals.

C-162 Milk, Basic to Good Nutrition. (1970. 50 frames. Mounted slide set $11. Filmstrip $5.50.) Gives consumers basic information on milk and its products, and tells about other foods to go with dairy products for a balanced meal. Standard and illustrated recipes. This presentation is third in series called "Food Makes the Difference."

C-161 Milk The Magnificent (1970. 50 frames. Mounted slide set $11. Filmstrip $5.50.) Second in a planned "Food Makes the Difference" series to give guidance in use of milk in meals. Includes some step-by-step recipes.

C-169 Recipes Using Non-Instant, Non-Fat Dry Milk and Other Donated Foods. (1970. 49 frames. Slide set $11. Filmstrip $5.50.) This how-to-do-it tells how to mix non-instant, non-fat dry milk and how to make seven dishes and food drinks with it. Primarily for use by people who work with families using USDA donated foods.

*C-78 Nonfat Dry Milk In Family Meals. (1961. 23 frames. Mounted slide set $11. Filmstrip $5.50.) Demonstrates the proper use of nonfat dry milk and gives a few recipes for use in family meals along with other low-cost commodities.

*C-74 Weight Control (The Oopsies). (1960. 22 frames. Mounted slide set $11. Filmstrip $5.50.) Story of two simple artwork characters who discover they have allowed themselves to get overweight. They tell why people get fat, why people want to reduce, and what helps most.

SCHOOL LUNCH

C-120 It Happens Every Noon. (1964. 50 frames. Mounted slide set $11. Filmstrip $5.50.) The National School Lunch Program helps to make nutritious food available to millions of school children throughout the country. How the program operates. When local people are willing to make the effort, they can make it work in schools of all sizes and locations.

* Available on loan for special showings from Information Division, New York.

C-181 School Lunch Bunch, The. (1971. 48 frames. Slide set $11. Filmstrip $5.50. Record $3.) The National School Lunch Program, who runs it, why it's important, and what to do to get a school lunch program in your school.

* Available on loan for special showings from Information Division, New York.

EXHIBITS

A number of exhibits are available for consumer education classes and meetings and public events on loan without charge from the Information Division, New York.

Consumer and Marketing Service Displays

The following displays are related to C&MS activities of consumer interest -- grading of food for quality and inspection of food for wholesomeness:

MEAT AND POULTRY FACTS. A table-top exhibit to help you "show 'n tell" important facts about these foods. Ten colorful panels, each measuring 15 x 20 inches, joined by removable hinges, tie in with five USDA "Meat and Poultry....for You" leaflets (G-170-174). Panels can be set up as a table-top exhibit or used individually as posters or teaching aids on a wall or easel. They explain inspection, buying and care of meat and poultry products. (Also available in poster form, see C&MS POSTERS).

USDA GRADES HELP YOU CHOOSE. A table-top exhibit providing basic information on USDA grades for food. Panels measure 15 x 20 inches and are linked by vinyl hinges, or may be used as indivicual posters, or on easels, or as flipcharts. They tie in with 12 USDA "How to Buy...." leaflets, and 20 "How to Buy...." flyers. (Also available in poster form, see C&MS POSTERS.)

Food and Nutrition Service Displays

The following display is related to FNS programs for needy families and child nutrition.

TOOLS TO FIGHT HUNGER. A table-top exhibit explaining USDA programs to feed the needy and child nutrition programs. Vinyl panels readily interlock in pyramid structure or may be used individually. They tie in with Food and Nutrition Service program leaflets.

Electrified Displays for Major Events

More complex, electrified displays are also available suitable for large-scale gatherings, e.g. State or county fairs, conventions, or other assemblages. While they may be borrowed at no charge, borrowers must pay for transportation, and also provide space, any local drayage, and the labor for assembling, maintaining and dismantling.

For further information on electrified displays, contact the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007.

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NEW PUBLICATIONS

Since USDA CONSUMER EDUCATION MATERIALS for Wise Food Shopping and Nutritious Meal Planning went to press, the following new publications have become available and should be added to the bibliography:

p.2 Donated Foods

FNS-66 Food for Emergencies and Disasters

Title Food for Your Table

p.2 Food Stamps

FNS-67 Food Stamps for You

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G-143-S Como Comprar Hortalizas Frescas (How to Buy Fresh Vegetables)

G-145-S Como Comprar Bistecs (How to Buy Beef Steaks)

G-166-S Como Comprar Carne para Conserverla en el Refrigerador (How to Buy Meat for Your Freezer)

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G-177-S Como Comprar Habas Guisantes y Lentejas en Seco
(How to Buy Dry Beans, Peas, and Lentils)

NEW NUMBER

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AH-416 This number has been assigned to the previously unnumbered publication, Inspection, Labeling, and Care of Meat and Poultry--A Consumer Education Guide.

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